



1 Month Well Child Check

Expected Developmental Milestones

- More alert, awake for up to an hour at a time
- Responds to sounds by startling, blinking, crying
- Responds to sounds of parent voices
- Fixes eyes on faces
- Moves extremities equally

Feeding

- Feeding only breast milk or iron-fortified formula for the first 6 months
- Feeding when you see signs of hunger
 - o Bringing hand to mouth
 - o Sucking, rooting, fussing
- Average breast feeding 8-12 times per day
- Commonly taking about 2 ounces every 2-3 hours
- Do not prop the bottle during feedings
- Expect to see 6+ wet diapers per day

Sleep

- Expect baby to be sleeping about 3-4 hours at a time and staying awake for 1 hour or longer
- Always place baby on their back to sleep
 - o In a crib with slats no more than $2\frac{3}{8}$ inches apart (see cpsc.gov for more info)
 - o No loose bedding such as comforters, pillows, bumper pads or toys
 - o In your room, not in your bed

Safety

- Never shake your baby
- If you feel upset, put your baby in a safe place; call for help
- Call for help if mom is feeling sad, blue or extremely tired for more than a few days
- For any rectal temperatures greater than or equal to 100.4° F, take the baby to a pediatric emergency department
- Wash your hands often to help your baby stay healthy

Play

- Tummy Time – put your baby on his tummy when awake and you are there to watch
- Create basic routines each day for bathing, feeding, sleeping and playing

Immunizations at this visit

<i>Regular (CDC) Vaccine Schedule</i>	<i>Alternate Vaccine Schedule</i>
Hepatitis B #2	None

- For more info:
<https://www.cdc.gov/vaccines/index.html>

Next Well Child Visit: 2 months old

Helpful Resources:

- www.healthychildren.org
- Child safety seat inspection:
www.seatcheck.org
1-866-SEATCHECK
- www.AZbreastfeeding.org
- Birth to Five Helpline:
1-877-705-KIDS (5437)